

Spring Chicken

Makes: 6 Servings

This recipe uses elbow macaroni. Elbow macaroni added to chicken and vegetables makes a meal prepared in one skillet.

Ingredients

1 cup macaroni (dry)
1 tablespoon vegetable oil
1 onion (chopped)
1 zucchini (chopped)
1/2 cup salsa
1 can chicken (drained, about 12 ounces)
1 can low-sodium tomatoes (undrained, about 15 ounces)
1 can low-sodium corn (drained, about 15 ounces)
1/2 cup reduced-fat cheddar cheese (shredded)

Directions

1. Prepare macaroni according to package directions.
2. In a large pan over medium heat, cook onion and zucchini in the oil until soft.
3. Stir in salsa, chicken, tomatoes, corn, and cooked macaroni. Cook for 10 minutes over medium heat.
4. Remove from heat and stir in cheese until melted.